

# December Senior Center Gazette 2005

**Holiday Paella Lunch**  
**Tuesday, December 6, 12:00**  
 \$5 members, \$7 non-members

**Tuesday, Dec. 13, 12 Noon**  
 Don your festive wear & join us:  
**Holiday Celebration Lunch  
 and Concert**

**Roast Turkey, Ham,  
 Mashed Potatoes, Gravy,  
 Cranberry Sauce, Salad  
 Vegetable, Roll, Pumpkin Pie**  
 \$5 members, \$7 non-members

**Fremontaires Holiday concert**  
**at 1:00 pm**  
**Join in the merriment  
 and good will to all!**

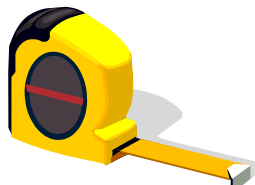


**Birthday Party**  
**Friday, Dec. 9, 1:30 pm**  
**Senior Center Singers**  
**Mission San Jose**  
**High School Singers**

Everyone join in the singing, even if December is not your birthday month. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing from the names of seniors present that have birthdays in December. Prizes have been donated by Atria's Retirement Inn, Carlton Plaza, Cookies by Design, Kathy's Floral Design,, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

## COMMUNITY SERVICES

|  |                                      |
|--|--------------------------------------|
| <b>FREMONT HUMAN SERVICES DEPARTMENT.....</b>            | <b>574-2050</b>                      |
| Coordination of services for homebound seniors.....      | 574-2041                             |
| Senior Center.....                                       | 790-6600                             |
| Senior Information & Referral.....                       | 574-2041                             |
| Fremont Paratransit Program.....                         | 574-2053                             |
| Multi-Purpose Senior Services Program (MSSP).....        | 574-2050                             |
| Senior Peer Counseling.....                              | 574-2063                             |
| Caregiver Support Program.....                           | 574-2035                             |
| <b>LIFE ELDERCARE.....</b>                               | <b>574-2090</b>                      |
| Meals on Wheels.....                                     | 574-2092                             |
| Friendly Visitor Program.....                            | 574-2097                             |
| Travel Escort Program.....                               | 574-2096                             |
| <b>AFGHAN ELDERLY ASSOCIATION.....</b>                   | <b>574-2059</b>                      |
| <b>ALAMEDA COUNTY WEBSITE.....</b>                       | <b>www.alameda.networkofcare.org</b> |
| <b>ALZHEIMER ASSOCIATION HOTLINE.....</b>                | <b>1-800-660-1993</b>                |
| <b>ALZHEIMER'S SERVICES OF THE EAST BAY.....</b>         | <b>888-1411</b>                      |
| <b>BACS ADULT DAY CARE CENTER.....</b>                   | <b>656-7742</b>                      |
| <b>COMMUNITY HEALTH RESOURCE LIBRARY.....</b>            | <b>494-7030</b>                      |
| <b>EAST BAY PARATRANSIT.....</b>                         | <b>1-800-555-8085</b>                |
| <b>HEALTH INSURANCE INFORMATION SERVICE.....</b>         | <b>1-800-770-9447</b>                |
| <b>HOMESERVICES REGISTRY.....</b>                        | <b>574-2095</b>                      |
| <b>HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....</b> | <b>494-4500</b>                      |
| After hours.....   | 494-4505                             |
| <b>LEGAL ASSISTANCE FOR SENIORS.....</b>                 | <b>1-800-393-0363</b>                |
| <b>MEDICARE.....</b>                                     | <b>1-800-952-8627</b>                |
| <b>MEDICARE &amp; INSURANCE COUNSELING (HICAP).....</b>  | <b>1-800-393-0363</b>                |
| <b>TRI-CITY HEALTH CLINIC.....</b>                       | <b>713-6685</b>                      |
| <b>SENIOR LIBRARY SERVICES.....</b>                      | <b>745-1499 or 745-1491</b>          |
| <b>SOCIAL SECURITY.....</b>                              | <b>1-800-SSA-1213</b>                |
| <b>TRI-CITY ELDER COALITIO N.....</b>                    | <b>574-2064</b>                      |



**SENIOR CENTER  
 FLOORS TO BE REBUILT**  
**Wing A/ Multi-Purpose Room**  
**Hallway to Wing A are  
 scheduled to start on  
 Tuesday, December 20**

**The Senior Center**

**Will be closed**

**From Tuesday, December 20  
 Through**

**Monday, January 2, 2006**

**Center will reopen on Tuesday  
 January 3, 2006**

**All schedules are subject  
 to change.**

## SPEAKERS IN DECEMBER

**Tues., December 6, 10:30 am**  
**Charu Davé, R.P.T., "What's  
 New in Physical Therapy"**



**Monday, Dec. 19, 9:00 am**  
**Grandparent's &  
 Grandchildren's Breakfast**

**\$5 members,  
 \$7 non-member seniors  
 \$3 children under 12**

**Entertainment by the Prince of  
 Peace Lutheran Church Bell Choir**  
**Pictures of guests & Santa Claus**  
**Sausage, Ham, Bacon Eggs, Hash**  
**Brown Pancakes, Syrup, Jelly**  
**No lunch served today.**

**The Senior Center will closed  
 on Fri. 12-23, Mon. 12-26,  
 Fri. 12-30 & Mon. 1-2-06.**  
**HAPPY NEW YEAR TO ALL!**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.